

24 Hour Clock

In the rows below, write down major aspects of your day (e.g., homework, sports, music lessons, a job, travel, etc.) and how much time you spend on each one, on average. Include anything that takes up at least 30 minutes a day. For activities like “Free time” or “relaxation”, write down how much time you’d realistically LIKE to spend, not how much you DO spend.

Activity	Time Needed
Sleep	9 Hours (required)
School	7 Hours (required)

Add up all the time you listed: _____
(Total)

When you’re short on time, what gets cut first?

What do you prioritize?